

Deep Dish Keto Pizza Recipe

Prep: 10 minutes Cook: 30 minutes 🍴 Serves 8

Fire up your ovens, because this easy to make, DELICIOUS recipe for deep dish keto pizza features unflavored protein powder in the crust!

INGREDIENTS

For the Crust::

- 8 oz. cream cheese, softened
- 1/4 cup butter, melted
- 3 large eggs
- 3 tablespoons half and half
- 1 cup whey protein isolate
- 2 teaspoons baking powder
- 1 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 1/4 teaspoon cream of tartar
- 1/4 teaspoon salt

Toppings::

- 3/4 cup sugar-free tomato sauce
- 20 pepperoni slices
- 1 cup shredded mozzarella
- 2 tablespoons fresh basil, chopped

DIRECTIONS

- 1 Preheat oven to 350 degrees F.
- 2 In a blender, combine the softened cream cheese, butter, eggs, and half and half. Blend for about 30 seconds, and scrape down contents.
- 3 Add the protein powder, baking powder, garlic powder, Italian seasoning, cream of tartar, and salt. Blend for about another 30 seconds, until smooth.
- 4 Pour the batter into a greased springform pan.
- 5 Bake in the oven about 15 to 20 minutes at 350 degrees, until top is just firm to the touch and edges are golden brown.
- 6 Remove from oven and spread tomato sauce, add cheese, and pepperoni.
- 7 Place in oven another 8 to 10 minutes, until cheese is melted and bubbly.
- 8 Let cool a few minutes before serving.

NUTRITIONAL INFORMATION

Yield: 8 servings, Serving Size: 1 slice

Amount Per Serving: Calories: 313, Total Carbohydrates: 5g, Fiber: 1g, Net Carbohydrates: 4g, Total Fat: 24g, Protein: 21g

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